



## Emergency Cards

Fill them in, cut along the dotted line, and each family member carries their own card in a wallet or bag. Useful when you're left without a mobile or battery.

### My details and contacts

First and last name: \_\_\_\_\_

My phone number: \_\_\_\_\_

Contact outside the region: \_\_\_\_\_

Blood group: \_\_\_\_\_

Allergies / medication: \_\_\_\_\_

✂ cut here

### Family meeting point

Meeting point nearby (street/square):  
\_\_\_\_\_

How to get there: \_\_\_\_\_

Alternative meeting point (further away):  
\_\_\_\_\_

Central family contact: \_\_\_\_\_

Their phone number: \_\_\_\_\_

✂ cut here

### Important phone numbers

Emergency number: 999

Local resilience forum: \_\_\_\_\_

GP surgery: \_\_\_\_\_

Trusted neighbour: \_\_\_\_\_

Other (gas, water, electricity): \_\_\_\_\_

### If you find me

For a child or an older person to carry on them.

My name is: \_\_\_\_\_

I live in: \_\_\_\_\_

Please call: \_\_\_\_\_ (tel. \_\_\_\_\_)

Important medical info: \_\_\_\_\_